

# Slow-Cook Barbecue

**Makes:** 5 servings

## Ingredients

**1 1/2 pounds** chuck steak (boneless, 1 1/2 inches thick)  
**1** garlic clove (peeled and minced)  
**1/4 cup** wine vinegar  
**1 tablespoon** brown sugar  
**2 tablespoons** Worcestershire sauce  
**1/2 cup** ketchup  
**1 teaspoon** salt (optional)  
**1 teaspoon** dry or prepared mustard  
**1/4 teaspoon** black pepper

## Directions

1. Cut the beef on a diagonal, across the grain into slices 1 inch wide and place in a slow cooker.
2. Combine the remaining ingredients and pour over the meat.
3. Mix the meat and sauce together.
4. Cover and cook on low for 3 to 5 hours.
5. Serve on toasted hamburger buns with a mixed green salad.

University of Kentucky, Cooperative Extension Service, Putting Your Crock Pot to Work

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	340	
Total Fat	18 g	28%
Protein	29 g	
Carbohydrates	13 g	4%
Dietary Fiber	0 g	0%
Saturated Fat	7 g	35%
Sodium	400 mg	17%